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ABSTRACT

This study guide for pregnant minors consists of approximately 750 questions covering the content of 15 books about pregnancy and babies. (RH)

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YOU'LL READ IF IT MATTERS

Student Manual of Study Guides for Books About Pregnancy and Parenting

by Jeanne Lindsay

Illustrated by Pam Patterson Morford

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To all the students who make teaching
to their special interests
such a pleasure
and to Bob
who understands my priorities.

Also by Jeanne Lindsay:

They'll Read If It Matters
A Teacher's Guide to accompany
You'll Read If It Matters

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INTRODUCTION--
TO THE STUDENT

If you, like many other students, are interested in pregnancy and/or babies, you may find books about these topics especially interesting. As you probably know, you will learn much more from studying materials that interest you than you will from assignments you consider dull and unimportant.

Many books have been written about pregnancy and babies. The following study guides cover fifteen of

the most interesting and most readable of these books.

"Why should I answer a bunch of questions about a book?" you may ask. "Isn't it more important that I read the book?"

I agree -- it is important that you read the books that interest you and/or your teacher assigns. If you simply skim through the material "looking for the answers," you will lose a great deal of the value of the books.

These study guides, however, ask you to pull out the important ideas in the books and react to them. You will gain the most from a book if you read it -- then think and write about the ideas expressed in the material. The study guides are designed to help you.

Please answer all questions in complete sentences.

ABOVE ALL -- ENJOY YOUR READING!

October, 1977 Jeanne Lindsay

BOOK STUDY GUIDES

1 *HAVING A BABY* "PRENATAL CARE"

By Katie Baer

If you are pregnant, it is very important that you have good prenatal care, both for your sake and for your baby's. The following assignment will help you learn how to take care of yourself during pregnancy. It will also explain why it is so important that you see your doctor regularly.

READ Having a Baby, pp. 23-43, or read the separate booklet titled "Prenatal Care."

1. Why should you go to the doctor as soon as you think you are pregnant?

2. Which three months of pregnancy are the most important for baby's development? Why?

3. What are some of the questions the doctor will ask (or has already asked) when you first visit her?

4. Why does the doctor want to know the date of your last menstrual period?

5. What can be learned from a sample of your urine?

6. Why does the doctor want a blood sample?

7. What will the doctor do during your later visits?

8. Does "eating for two" mean you should eat twice as much while you are pregnant? Explain your answer.

9. How much more protein do you need while you are pregnant? From which foods do you get protein?

10. Why do you need calcium? Which food is the best source of calcium?

11. Adult women need one quart of milk each day while they are pregnant. Teenagers need two more cups of milk daily than do adults. So how much milk should a pregnant teenager have each day?

12. Why do you need iron in your diet? How can you get enough?

13. How many servings of breads and cereals should you eat each day?

14. Describe the amounts and kinds of vegetables and fruits you need each day.

15. Write out a day's menus using foods YOU like. Include all the foods a pregnant teenager needs to eat daily so that both she and her baby will be healthy.

16. What could be an advantage in dividing your food into five or six meals instead of the traditional three meals per day?

17. Which foods should you avoid while you are pregnant? Why should you not eat them?

18. Should you see your dentist while you are pregnant? Why or why not?

19. Can you have X-rays of your teeth taken and/or have your teeth filled during pregnancy?

20. Should you wear a bra while you are pregnant? Why or why not?

21. Can smoking harm your baby? In what ways?

22. What about drugs during pregnancy? Should you take aspirin or nose drops, for example?

23. What can you do if you have morning sickness?

24. Are you apt to feel especially tired during the early stages of your pregnancy?

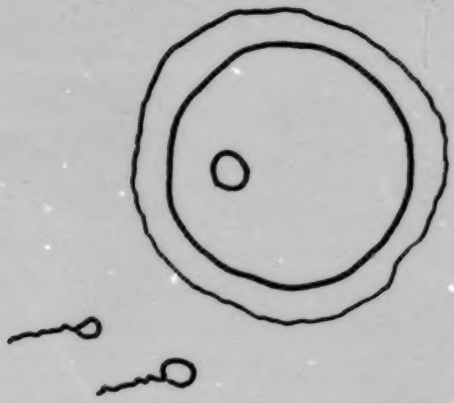
25. What can you do to help avoid constipation?

26. Why are you more apt to be moody while you are pregnant?

27. What is a "D & C"? Why is this sometimes done after a miscarriage?

28. What is toxemia? What are the symptoms?

29. List several danger signals -- things that, if any of them happen to you, you should call your doctor right away.



2 FACTS ABOUT SEX FOR TODAY'S YOUTH

By Sol Gordon

This book explains the basic facts about sex and human reproduction.

READ "Author's Introduction," pp. 5-7.

1. According to the book's author, most parents think knowing "too much" about sex too early leads to sexual misbehavior. Do most experts agree? Explain your answer.

2. Do YOU think it's important for young people to understand sex and to

know the language involved, including "street" expressions?

3. Why do adolescents often think about sex so much of the time? Is this "normal"?

4. Can urine come out through the penis during intercourse?

5. What is puberty?

6. The egg cell is called a/an _____.

7. If a sperm unites with the ovum, it is called _____.

8. How long is the fetus 2½ months after conception?

9. Explain the difference in the meaning of "embryo" and "fetus."

10. Why is labor called "labor"?

11. After the baby is born, the doctor cuts the umbilical cord. Does this hurt the baby?

READ "Sex -- In Plain Language," pp. 10-25.

12. At what age do most boys reach puberty?

13. Does a boy ever have an erection for no apparent reason, perhaps when he's not even thinking about sex?

14. Does the size of a man's penis have anything to do with how much he enjoys sex?

15. What is semen? Please describe it.

16. Where are sperm produced?

17. What is a nocturnal emission? Is this normal?

18. When a man ejaculates--or "comes" --he releases (one, 300, millions) of sperm. (Underline correct word.)

19. How large is an ovum?

20. How big are sperm?

21. How many sperm does it take to make a girl pregnant?

22. Is masturbation physically harmful?

23. Between what ages do most girls develop sexually?

24. Describe three signs which show a girl she is developing sexually.

25. Is it "normal" for girls to masturbate?

READ "What Is Love?" pp. 25-27.

26. Describe in your own words what "being in love" means.

READ "Sex Before Marriage," pp. 28-32.

27. If a person gets venereal disease (VD) can s/he be cured?

28. Does a woman always know if she has VD?

29. What is a homosexual?

30. If a man is "impotent," what does it mean?

READ "Prevention of Pregnancy," pp. 32-36.

31. What is a contraceptive?

32. How often must the birth control pill be taken in order to prevent pregnancy?

33. How does the diaphragm prevent pregnancy?

34. What is an IUD? How is it put in place?

35. What is a condom?

36. A condom can be used to prevent _____ as well as pregnancy.

37. Does douching help prevent pregnancy?

READ "Questions About Sex," pp. 36-43.

38. How do YOU feel about the author's comments on young teenagers having sexual intercourse?

39. Is it possible for a girl to become pregnant the first time she has intercourse?

40. What are the author's ideas on

whether or not sexual experiences are "normal" or "mature"?

41. What is the first sign a man will have that he has gonorrhea?

42. Describe symptoms of syphilis.

43. If a young person thinks s/he has VD, s/he should go to a clinic immediately for treatment. Will the people at the clinic tell her/his parents?

44. How do you think you can help your child understand about sex? In your answer, discuss how and when you think you might talk with him/her, if you think books might help, etc.

3 *HAVING A BABY* "CONCEPTION AND PREGNANCY"

By Norah Shipstone and Karen Winget

"Conception and Pregnancy" discusses human fertilization. It also gives detailed word pictures of the fetus as it develops during pregnancy.

READ Having a Baby, pp. 4-21, OR read the separate booklet titled "Conception and Pregnancy."

1. Each cell in your body carries some things that decide what your baby will look like. What are these things called?

2. How many chromosomes does a human cell have?

3. Where are sperm formed?

4. Describe semen.

5. About how many sperm are ejaculated at once when the man "comes"?

6. Describe four things the female sex organs do.

7. What does the uterus look like? About how big is it in its non-pregnant state?

8. Describe the fallopian tubes. Where are they and how big are they?

9. Describe the ovaries.

10. Where do the sperm and egg meet as conception takes place?

11. Describe menstruation -- what causes it, when it happens, etc.

12. Why is it easier some times than others for the sperm to swim through the cervix?

13. How long do sperm live in a woman's body?

14. Describe what happens during the week after the sperm meets the egg and digs into it.

15. Can you get pregnant the first time you have sex?

16. Can you get pregnant during your period?

17. Can you get pregnant while you are breast feeding your baby?

18. Which are the best days in your monthly cycle to get pregnant?

19. What decides whether the baby will be a boy or a girl?

20. List some of the things that affect your chances of having twins.

21. What is the difference between fraternal and identical twins?

22. What is the job of the placenta?

23. Describe the placenta--what it looks like and how it works.

24. What is the amniotic sac?

25. What is the purpose of the amniotic fluid?

26. What does the baby look like six weeks after the start of your last period?

27. What parts start forming at eight weeks?

28. At what age does the fetus begin to look like a tiny baby? How big is it at this stage?

29. What does the fetus look like at the end of three months?

30. When does the baby get eyebrows and eyelashes?

31. Describe the fetus after six months of pregnancy.

32. How big is the average baby at the end of seven months of development? Will it survive if born now?

33. What are the baby's chances of living if it is born at the end of eight months of pregnancy?

34. Compare the non-pregnant uterus with a uterus at the end of nine months of pregnancy.

4 A CHILD IS BORN: THE DRAMA OF LIFE BEFORE BIRTH

Photographs by Lennart Nilsson
Text by Axel Ingelman-Sundberg
and Claes Wirsen

This book combines a scientific explanation of conception and pregnancy with practical suggestions for the mother-to-be. The beautiful photographs and prose give the book an almost lyrical quality.

READ "A Child Is Born," pp. 11-18. Read EVERYTHING including the material with the illustrations.

1. Explain the following quote: "All land animals still live in a kind of primeval ocean" (p. 14).

2. What is external fertilization?

How does this differ from internal fertilization?

3. What is the purpose of the shell on the eggs of reptiles and birds?

READ "Millions of Sperm," pp. 18-31.

4. Describe the contents of a sperm.

5. Do most of the sperm, upon ejaculation, reach the ovum?

6. What is the pituitary gland? What is its purpose? (See the illustration on page 20.)

7. Describe estrogen and progesterone. What is the purpose of each?

8. What happens to the corpus luteum if fertilization does not occur?

9. The glands of the cervix secrete a tough plug of mucus--the plug that protects your baby before it is born. What happens to that plug (in a woman who is not pregnant) when the ovum is ready to be fertilized?

10. Define viscid. ("During the major part of the menstrual cycle the cervical mucus is thick and viscid" [p. 22].)

11. Compare the production of sex cells of a man and of a woman--how many are produced, when they are produced, etc.

12. In what ways are male and female production of sex cells similar?

13. Where is the pituitary in the human body? What does this have to do with mood changes?

14. Explain (p. 30), "The penetration of sperm in the cervical mucus is very much like the progress of a fleet of small boats up a river full of invisible logs."

15. For how long can an ovum be fertilized after ovulation?

16. How long can sperm "last" before finding an ovum to penetrate?

17. Explain the idea of the "egg-producing cell." How does it differ from an ovum?

READ "The First Encounter," pp. 33-41.

18. Define cytoplasm.

19. What happens to each chromosome during cell division?

20. Each chromosome contains (one, several, hundreds, thousands) of genes. (Underline the best answer.)

21. Define:
Vesicle:
Endoderm:
Ectoderm:

READ "The Second Week," pp. 42-49.

22. Explain how the urine test for pregnancy works.

23. What is the chorion?

24. Describe the baby as it is during the fourth week.

READ "The Embryo--Fish or Fowl?" pp. 50-51.

25. Compare the human embryo and the fish embryo--how are they alike and how are they different?

READ "From Embryo to Fetus," pp. 53-71.

26. Why does the author call the sixth week in the life of the fetus the "period of design"?

27. Where is the main part of the circulatory system after conception has occurred? What happens there?

READ "First Visit to the Doctor," pp. 72-82.

28. Why does the doctor need three samples of blood from the pregnant woman on her first visit?

READ "Girl or Boy?" pp. 83-101.

29. When is the sex of the baby decided? Explain.

30. What are erythrocytes? What is their purpose?

31. What are the lymphocytes?

32. Describe the eight week old fetus.

33. What does the fetus look like at four months?

34. Why does the skull remain flexible, without the final fusion of the skull bones happening until just before puberty?

READ "Another Visit to the Doctor," pp. 103-119.

35. What can you learn about your health during pregnancy if you take off a ring you have been wearing for some time?

READ "Closed Eyes," pp. 120-124.

36. What happens to the fetus' eyelids at the beginning of the third month? Why?

READ "The Placenta--Mediator of Nourishment and Protective Barrier," pp. 125-137.

37. Describe the full-term placenta.

38. How early may hair start to appear on the fetus? What is lanugo?

39. What is sebum and what is its purpose?

40. What is vernix caseosa? Describe.

41. How do babies differ even before they are born?

READ "A Third Visit to the Doctor," pp. 138-158.

42. Can the doctor do anything about the position of the fetus?

43. Evaluate the book. Did you like it? Did you learn anything new -- or was it much like other books you have read?

5 THE SECRET WORLD OF THE BABY

By Beth Day and Dr. Margaret Lilley

This beautifully written and illustrated book describes your baby both before and after s/he is born.

READ Chapter 1, "New Life Begins," pp. 3-9.

1. How can you compare a baby's life before birth with that of an astronaut in outer space?

2. Define fetology.

3. Why is the mother's egg cell so much bigger than is the father's sperm cell?

4. Chromosomes are made up of hundreds of tiny genes. What is the purpose of these genes?

5. Explain the difference between a dominant and recessive gene.

READ Chapter 2, "The Baby as an Astronaut," pp. 10-16.

6. Describe the placenta. What is it? What is its purpose? How does it work?

7. Explain why it is impossible for the umbilical cord to get knotted or tangled around the baby as she swims around in the amniotic fluid.

READ Chapter 3, "A Weightless World," pp. 17-22.

8. Why does it not bother a baby to be upside down in the mother's uterus?

9. Why is the unborn baby not apt to feel anything if her mother falls down?

10. Why is she not apt to get sick while she lives inside her mother's body?

11. If baby swims all during her life in her mother's womb, why will she still have to learn some new techniques in order to be a good swimmer after she is born?

12. Describe the "job" of the baby's

heart one month after conception.

READ Chapter 4, "Seeing and Hearing Before Birth," pp. 23-28.

13. What, if anything, does the baby hear before she is born?

14. Discuss rhythm and the unborn child. In what ways does rhythm affect her?

15. This author has an interesting theory about new babies so often crying during the early evening when mother is extra busy getting dinner. What is this theory?

READ Chapter 5, "Learning to Eat and Cry," pp. 29-35.

16. How does the baby "practice" swallowing before she is born?

17. Do unborn babies cry? Explain.

18. Why does the new baby have so much less strength in her neck than she does in her arms and legs?

READ Chapter 6, "Growing Toward Birth," pp. 36-44.

19. Explain why most babies are born head first.

20. The baby is apt to be most comfortable when the mother is in what position?

21. How does the mother's body prepare days, sometimes weeks ahead of time, for the baby's birth?

READ Chapter 7, "Being Born," pp. 45-53.

22. What happens to the work of the heart when the umbilical cord is clamped off after delivery?

23. Explain why a baby cries immediately after birth. Discuss several reasons.

READ Chapter 8, "The Newborn," pp. 54-60.

24. How does the design of the baby's skull help in the birth process? How is this design different from an adult's skull?

25. Why is a prematurely born baby apt to look a little like a little old man?

26. What "good" are the baby's eyes at birth?

READ Chapter 9, "Learning About Love," pp. 61-68.

27. How is a baby introduced to the emotion of love?

28. Why is being close to another human important to a baby?

READ Chapter 10, "Crybaby," pp. 69-75.

29. How does the author compare a baby's crying with bird calls?

30. How is crying the beginning of speech?

31. Why is it a good idea to put the baby in her infant seat near you while you work when she is awake?

32. What is apt to happen to babies who never have their cries answered?

READ Chapter 11, "The Baby and His Mouth," pp. 76-80.

33. If you hand an older baby a toy, why is she apt to put it into her mouth instead of first examining it with her eyes?

34. Describe the new baby's vision--how well can she see?

READ Chapter 12, "Learning to Communicate," pp. 81-88.

35. How can you help your baby learn to talk? Be specific, and discuss several different ideas.

READ Chapter 13, "Growing Up: The Body," pp. 89-96.

36. Why might a four-month old baby refuse food which she seemed to enjoy at the age of two months?

37. What do the authors mean when they write that the baby grows "by fits and starts"?

38. In what ways, if any, is a new baby "ahead" of a new puppy in development?

39. At what age can most babies sit up by themselves?

READ Chapter 14, "Growing Up: The Mind," pp. 97-108.

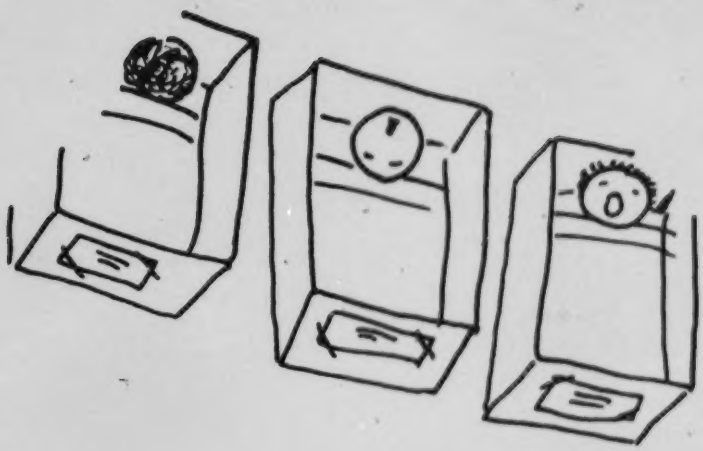
40. Explain some of the differences between the brain of a human and the brain of a dog.

41. What is the basic difference between the way a baby goes about learning something and the way an adult or older child will?

42. Why does the baby learn so rapidly, much faster than she will when she is older?

43. Discuss this statement: "The baby should be free to experiment, to try, to explore, as far as his thirst for knowledge leads him" (p. 108).

44. Please evaluate the book. Who do you think might enjoy reading it? Have you read other books that say pretty much the same thing? What were they?



6 *HAVING A BABY* "GIVING BIRTH"

By Katie Baer

You will learn what to expect during labor and delivery as you answer these questions. The period after delivery is also discussed.

READ Having a Baby, pp. 45-69, OR read the separate booklet titled "Giving Birth."

1. Why is labor called "labor"?

2. How much does your uterus weigh when you aren't pregnant?

3. How heavy does your uterus become during pregnancy?

4. What is "dilation" of the cervix? How much does it dilate?

5. Describe how dilation occurs and what makes it happen.

6. What is the first stage of labor?

7. When you are in the first stage of labor, what happens between contractions?

8. How long is the first stage of labor for the average woman?

9. What is the transition part of labor? How long does it usually last?

10. What is the second stage of labor?

11. How can a woman usually help during the second stage of her labor?

12. How long does this second stage usually last?

13. What is an episiotomy?

14. Does it hurt the baby when the doctor clamps, then cuts the umbilical cord?

15. Why is the placenta sometimes

called the afterbirth?

16. What is the third stage of labor?

17. Describe some possible <u>early</u> signs of labor.

18. Describe three signs of labor.

19. How can you tell if the contractions you are feeling are false labor or the "real thing"?

20. What should you do when labor starts? Should you go immediately to the hospital?

21. How do you plan to pay for your doctor and hospital costs?

22. What is "rooming-in"?

23. Should you preregister at your hospital? Have you done this?

24. Who will be your baby's pediatrician?

25. Describe some good things about breastfeeding.

26. Why do some mothers choose not to breastfeed?

27. Do you plan to breastfeed or bottlefeed your baby?

28. What do you learn in prepared childbirth classes?

29. Why might you want as few drugs as possible during delivery?

30. What do YOU need to pack to take to the hospital?

31. What happens when you get to the hospital?

32. What is the purpose of an analgesic? Give an example of one.

33. Why is the doctor careful NOT to give analgesics too early and not to give too much?

34. What is a general anesthetic? What parts of the body does it affect? How does it affect the baby?

35. What do local and regional anesthetics do?

36. What happens to the baby immediately after birth?

37. Describe a forceps delivery. What do forceps look like?

38. Why might forceps be used during a delivery?

39. What is a breech birth?

40. What is a Caesarean section?

41. What is induced labor?

42. What are some reasons for inducing labor?

43. At what birth weight is a baby considered premature?

44. What happens to a premature baby at the hospital?

45. Describe a newborn baby.

46. What is a circumcision? If you have a boy, do you want him circumcised?

47. Describe several things which happen during the first few days after delivery.

48. What is postpartum depression?

49. What are two reasons postpartum

depression may hit you?

50. If you think you have the "baby blues," what can you do about it?

7 PRENATAL CARE

Office of Child Development
U.S. Department of Health, Education, and Welfare

This booklet discusses pregnancy, labor and delivery, and the time immediately following birth.

READ "So You Are Expecting a Baby," pp. 1-4.

1. What are two reasons you should see your doctor immediately if you think you might be pregnant?

2. Describe some symptoms of early pregnancy.

3. What are some of the questions the doctor will ask you at your first pregnancy examination?

4. What does the doctor learn from

your blood sample?

5. What will your doctor check in later examinations? Why?

6. How can you figure out your baby's due date? When is your baby due?

READ "What Is Happening?" pp. 5-8.

7. At what point in a baby's development is its sex, color of its hair and eyes, and other physical characteristics determined?

8. Describe the differences between fraternal and identical twins.

9. How big is the baby and what is it called when you are four weeks pregnant? Which organs are beginning to form?

10. What is the umbilical cord and what is its purpose?

11. What is amniotic fluid and what is its purpose?

12. At eight weeks of pregnancy, what is the embryo called? What does it look like?

13. How is baby developing at twelve weeks (three lunar months)?

14. How big is the baby at sixteen weeks?

15. At what stage can the doctor first hear baby's heartbeat?

16. What is "quickening"?

17. Describe the fetus at 24 weeks of development.

18. What is vernix caseosa?

READ "What Should I Eat and How Much Weight Should I Gain?" pp. 9-13.

19. What are the four food groups from which you should eat every day?

20. The booklet states you need four servings of milk each day during pregnancy. The booklet is written for adult women. Teenagers need two cups more of milk than do adults. So how much milk does a pregnant teenager need?

21. How much food from the meat group do you need each day while you are pregnant? List several foods included in this group.

22. How many servings of fruits and vegetables do you need? What kinds of nutrients do you get from fruits and vegetables?

23. How much bread and cereal do you need each day?

24. According to this booklet, what is the average weight gain during pregnancy? How much of this weight should you gain during each trimester of pregnancy?

READ "Things You Will Want to Know About Your General Health," pp. 15-18.

25. Is walking good for pregnant women? What about other exercise?

26. Will stretching your arms hurt your baby?

27. Is it all right to travel while you are pregnant?

READ "Some Questions About Personal Hygiene and Appearance," pp. 19-23.

28. Should you wear a bra during pregnancy? Why or why not?

29. Should you use a douche if your doctor has not recommended it?

30. Is it necessary to lose a tooth for every baby? How can you prevent this?

31. Should you take medicines and drugs during pregnancy? What about aspirin?

32. What is the risk in smoking while you are pregnant?

READ "Your Feelings and the Family," pp. 25-26.

33. Is it normal for a pregnant woman's mood to change often, for her to be happy, then suddenly feel like crying? Does this ever happen to you?

READ "Some Common Complaints and What to Do About Them," pp. 27-34.

34. Do you get tired more easily and more often than you used to? What can you do about this?

35. Why do you have to urinate so frequently during the first three months of pregnancy?

36. If you have a burning sensation when you urinate, should you tell your doctor? If so, why?

37. What kind of morning sickness (or later-in-the-day sickness) should you report to your doctor?

38. Describe several things you can do to help you feel better if you are nauseated.

39. What can you do about heartburn? Is this a problem for you?

40. Should you take baking soda or sodium bicarbonate to relieve heartburn?

41. Should you take enemas or laxatives if you are constipated?_____ Describe several things you can do to help you avoid constipation.

42. In order to avoid backache, how should you pick up a small child or a bag of groceries? Do you do this?

43. What kinds of vaginal discharge should you report to your doctor?

READ "What Are the Complications of Pregnancy?" pp. 35-39.

44. List EIGHT "danger signals" -- symptoms that, if any happen to you, you should report to your doctor.

45. What might cause anemia?

46. List three foods HIGH in iron.

47. What are some symptoms of a urinary infection? If this happens, should you call your doctor? What else can you do to help get rid of this kind of infection?

48. What is toxemia? What are some symptoms of it?

49. The Rh factor is found in the blood of about 85% of white women and about 96% of black women. Which of the following combinations could be a problem in pregnancy? (Draw a line between the problem combination.)

Father	Mother
Rh+	Rh+
Rh-	Rh-

Is this a problem in YOUR pregnancy?

50. Why should you tell your doctor immediately if you are in contact with anyone who has rubella (German or 3-day measles)?

51. What problems may occur with a premature baby?

52. What can you do NOW to help keep you from having a premature baby?

53. Check the symptoms which, if present, mean you should contact your doctor.

1. Sudden pain in your abdomen.
2. You begin to bleed from your vagina.
3. You have to go to the toilet more often than you did before you were pregnant.
4. You have a burning sensation when you pass urine.
5. Your hands and ankles begin to swell.

READ "Going to the Hospital and What Happens," pp. 41-45.

54. Why are most babies born in hospitals in this country?

55. What do you really need to pack to take to the hospital? List what you think YOU will need, not necessarily what the book says. By what date do you plan to have your suitcase packed?

56. What will happen when you first get to the hospital to have your baby?

57. What is a Caesarean delivery?

58. What is a breech birth?

59. If you find you may choose a "rooming-in" plan at your hospital, what does it mean?

READ "What About the Birth of the Baby?" pp. 47-52.

60. What is "lightening"?

61. Describe three signs of true labor. Do they always occur in the same order?

62. What can you do to help you feel better during labor?

63. Describe the three stages of labor.

64. What is an episiotomy? Why is it often done?

65. Explain the difference between analgesics and anesthesia.

READ "Your Hospital Stay and Recovery," pp. 53-60.

66. What does postpartum period mean?

67. How long does it take for your uterus to return to its non-pregnant size?

68. What do "afterpains" feel like and what is their purpose?

69. What can you do to relieve the pain caused by your stitches?

70. What is catheterization? Why is it sometimes done?

71. What is lochia?

72. If you are not breast feeding, how soon after delivery will you probably have a menstrual period?

73. Can you get pregnant while you are nursing your baby?

READ "What Does My Baby Need?" pp. 61-64.

74. Why should you not buy very small size clothing for your baby?

75. About how many diapers do you need, according to the booklet?

76. Why should the baby's formula be sterilized?

READ "Your Baby in Early Life," pp. 65-70.

77. What is vernix?

78. If your baby's head seems mis-shapen after birth, how long will it stay that way?

79. Why should you always hold your baby while you give her a bottle instead of propping the bottle?

80. Describe advantages of breast feeding.

81. How soon can you give your baby a tub bath?

82. What is circumcision?

83. What does your baby need most?

84. How could a public health nurse help you with your baby after you go home from the hospital?

8 *HAVING A BABY* "PLANNING YOUR FAMILY"

By Maxine Phillips

This assignment describes various methods of birth control.

READ Having a Baby, pp. 150-159, OR the separate booklet, "Planning Your Family."

1. How does the pill keep you from becoming pregnant?

2. Should you take the pill while you are breastfeeding your baby?

3. What is the IUD? Where is it put? Who puts it there?

4. What is the diaphragm? How do you use it?

5. Why do you use a special cream with a diaphragm?

6. Can you take the diaphragm out

right after you have sex? If not, how long must you wait?

7. Why must the doctor check you before you can buy a diaphragm?

8. If you have sex before you get a contraceptive from the doctor, what can you do to prevent pregnancy?

9. How can a man keep a condom from slipping off his penis as he removes it from the woman's vagina?

10. Which method of birth control prevents the spread of V.D.?

11. If you use sperm-killing cream, jelly or foam for birth control, should you use it before or after you have sex?

12. What is the withdrawal method of birth control?

13. Is the withdrawal method sure to prevent pregnancy? Why or why not?

14. What is the rhythm method? Is it good for preventing pregnancy?

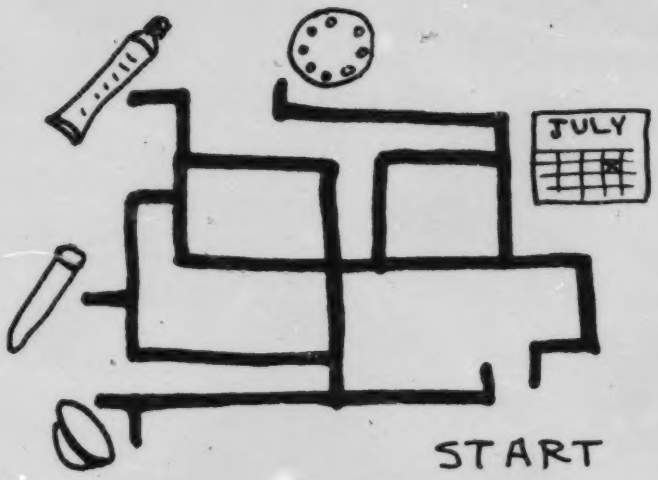
15. Is douching a good method of birth control? Why or why not?

16. Having an abortion is safest for the woman during which three months of pregnancy?

17. What is sterilization?

18. Does sterilization cause a man or a woman to enjoy sex any less?

19. Where can you find out more about birth control?



9 SEX AND BIRTH CONTROL: A GUIDE FOR THE YOUNG

By E. James Lieberman, M.D., and Ellen Peck

The book describes the various methods of birth control. It also discusses the importance - and implications - of having "responsible" sex.

READ Chapter 1, "Sex and the Teen-Ager: Living in Limbo," pp. 1-12.

1. What is the "sex gap" mentioned in this chapter?

2. What is the "double standard" as it refers to sex? Do YOU think this still exists? What do YOU think about it?

3. Based on the "average," how many couples who have had intercourse once will become pregnant? How many will become pregnant after having intercourse twelve times?

4. Of 100 women using the rhythm method of birth control, how many will be pregnant after a year?

READ Chapter 2, "Sex Knowledge, Attitudes, and Behavior of Young People," pp. 13-23.

5. The chapter describes a study of a sexually active group of teen-age girls. What percentage of these girls used contraceptives "sometimes"? _____."Regularly?" _____. "Never"? _____.

6. What reasons were given for not using contraceptives by the girls in the above study?

READ Chapter 3, "Abstinence?" pp. 24-46.

7. Who do you think might like to read this chapter? At what age?

READ Chapter 4, "Rhythm and the Reproductive Cycle," pp. 47-60.

8. Explain in detail the principle of the rhythm method of birth control.

9. Why is the rhythm method such an unsatisfactory method of birth control?

10. Why do some women rely on the rhythm method of birth control?

READ Chapter 5, "The Condom," pp. 61-71.

11. What are the advantages of using a condom for a contraceptive?

12. What are the disadvantages of the condom?

READ Chapter 6, "The Pill," pp. 72-88.

13. If a girl forgets to take her pill one night, what should she do?

READ Chapter 7, "The Intrauterine Device (IUD)," pp. 89-98.

14. Just how does the doctor insert the IUD into a girl's uterus?

15. If a woman becomes pregnant while wearing an IUD, what effect will this probably have on the baby?

READ Chapter 8, "The Diaphragm, Plus," pp. 99-110.

16. List several reasons why some girls choose the diaphragm instead of the pill or the IUD as their contraceptive method.

READ Chapter 9, "Vaginal Foams, Creams and Jellies," pp. 111-121.

17. If a girl uses foam as her contraceptive, what "rules" should she follow to make it as safe a method as possible?

READ Chapter 10, "Other Methods, Non-Methods, and Combinations," pp. 122-130.

18. Describe several "non-methods" of contraceptives--methods which are VERY unreliable or no help at all.

READ Chapter 11, "Abortion," pp. 131-167.

19. Is having a "vacuum aspiration" abortion or going through childbirth more apt to be physically risky for a woman?

20. How do YOU react to the story of Linda and Joyce?

21. Do most women feel a lot of guilt or depression after having had an abortion?

READ Chapter 12, "Permanent Birth Control," pp. 168-182.

22. What is a vasectomy? How is it done?

23. Do you think young people under eighteen years of age should be able to be sterilized at their request? Why or why not?

READ Chapter 13, "Venereal Disease," pp. 183-201.

24. Which contraceptive protects against the spread of VD?

25. What percentage of sexually active people have VD, according to the book?

26. What are the symptoms of VD for a man?

27. What are the symptoms for a woman?

28. How is gonorrhea treated?

READ Chapter 14, "Minoring in Sex," pp. 202-214.

29. Explain the statement (p. 209), ". . .the refusal to provide education will not prevent sex, but it certainly will prevent responsible sex." What do you think "responsible sex" means?

30. How do YOU feel about sex education in the schools? Do you think it should be available to all students? What, for example, do you think should be taught, and at what age? Do you think you were offered "enough" sex education in your schools?

READ Chapter 15, "What's Normal? What's Moral?" pp. 215-228.

31. In a paragraph, comment on some of the issues discussed. Did you

agree or disagree? Explain in some detail.

READ Chapter 16, "The Future of Marriage and Parenthood," pp. 239-259.

32. After you read the chapter, discuss in a short essay how YOU feel about the institution of marriage -- what is a "good" age to get married? Should all couples have children?

READ Chapter 17, "Sex, Population, and Planet Earth," pp. 260-278.

33. What does ecology mean?

34. Describe some of the reasons many people are concerned about "over-population." How do YOU feel about this issue?

35. How do YOU feel about the suggestions on p. 276 that incentives should be offered to encourage fewer births?

36. Please evaluate the book.

10 *HAVING A BABY* "THE FIRST SIX WEEKS"

By Katie Baer and Jean Oates

The book describes life with baby during the first six weeks. It also discusses ways of caring for the baby during this time.

READ Having a Baby, pp. 71-109, OR the booklet, "The First Six Weeks."

1. Why should you have help during the first week or two after your baby's birth?

2. If, after delivery, you find it hard to sit because your bottom is sore, what can you do about it?

3. Should you use a tampon after delivery?

4. If you need to lose more weight six weeks after delivery, how should you do it?

5. According to the book, can you spoil your baby during the first weeks of life? What do YOU think?

6. Why is it important to feed the baby almost immediately when she lets you know she is hungry?

7. How can you help your baby stop her 2 a.m. feeding when she is a month or two old?

8. Does the baby breastfeed by putting only the nipple in her mouth? Explain.

9. About how long does it take to get a strong flow of milk? Should the baby nurse during this time?

10. According to the book, nursing mothers need how much milk each day?

11. Teenagers need a pint of milk more each day than do adults. How much milk does a nursing teenager need each day?

12. If the nipple holes on your baby's bottle are too small, how can you make them bigger?

13. Briefly describe the terminal method of preparing formula. (Better yet -- show your teacher how to do this if you have a kitchen at school.) It would be wise to practice at home before delivery!

14. What is the aseptic method of sterilization? (If possible, demonstrate this method, too.)

15. According to the book, do you need to warm the baby's milk? Is it all right to have it warm one time, cool the next?

16. Why do most newborns "spit up" some of their food?

17. Compare spitting up and vomiting.

18. Should you report to the baby's doctor each time she vomits? If not, what kind of vomiting should you report?

19. Why is it so important to change baby's diaper whenever necessary, and clean her bottom thoroughly?

20. How should you wash the baby's diapers?

21. What causes diaper rash? What can you do about it?

22. How many bowel movements "should" your baby have each day?

23. How can you tell if your baby is constipated? If she is, what should you do?

24. What is diarrhea? If your baby has diarrhea, why should you call your doctor?

25. If the doorbell rings while you are giving the baby a bath, what should you do?

26. If your baby seems to have extra dry skin, how often should you bathe her?

27. How do you take care of your baby's navel when you come home from the hospital?

28. If the navel turns red and swells, why should you call your doctor?

29. What is an umbilical hernia? What should you do if your baby has one?

30. How do you take care of your son's circumcision?

31. If your son is not circumcised, how do you wash his penis?

32. How do you take care of your baby girl's vulva? (What is the vulva?)

33. What is the fontanel? What special care does it need?

34. Why might your baby have swollen breasts or your little girl have slight bleeding from her vagina? What should you do if this happens?

35. Is it better to have the baby underdressed or overdressed? Why?

36. What causes prickly heat rash? What does it look like? What should you do about it?

37. Why is it better to have normal sounds (radio, talking, etc.) around your baby while she is napping rather than trying to keep the house absolutely quiet because "baby is sleeping"?

38. Why is it better for a newborn baby to sleep on her stomach instead of her back?

39. Why do babies cry?

40. What are two possible reasons for colic?

41. How can you help your baby if she has colic?

42. Demonstrate to your teacher that you can read a thermometer easily and accurately.

43. Describe four reasons for calling your baby's doctor.

11 *HAVING A BABY* "THE BABY AND THE FAMILY"

By Maxine Phillips

This booklet describes the changes in family life which generally occur with the arrival of a new baby.

READ Having a Baby, pp. 111-129, OR the separate booklet, "The Baby and the Family."

1. How can a person be happy and unhappy at the same time? Please give at least one example.

2. Describe some of the worries the father of the baby may have during the pregnancy.

3. If there are other children in your home, what can you do ahead of

time to make it easier for them to have a new baby around?

4. Describe several things you can do to make it possible to continue school throughout your pregnancy. OR explain how a woman out of school can work during her pregnancy.

5. Do most new mothers need someone to help them when they come home from the hospital? Will you (or did you) have help when you come (came) home?

6. What are "baby blues"? Why is a new mother apt to have the baby blues?

7. Why should you "be careful" with door to door salespeople? Are you apt to get a good buy from people who sell door to door?

8. What are some income tax deductions you may have because of your baby?

9. What happens to a baby who is not loved?

10. How can you show your baby that you love her?

11. MOST IMPORTANT ASSIGNMENT:

Write a two or three page essay on YOUR baby and YOUR family. If your baby is already born, write about changes that have been needed in your family. How have various family members adjusted to the baby?

If your baby is not yet born, of course you will write about what you expect to happen. Think about each member of your family. How will your baby's birth affect EACH person?

12 A NEW BABY! A NEW LIFE!

Text by Erma Brenner
Illustrations by Symeon Shimin

This book helps us understand how important being loved is to a baby. It also discusses some of the changes a baby goes through during her first year of life.

READ the entire book. Spend time enjoying the illustrations. THEN answer the following questions:

1. Why is it hard for a newborn baby to get used to living outside her mother's body?

2. If you feed your baby by bottle, why will you want to hold her as closely and safely while you feed her as you would if you were breastfeeding her?

3. In your own words, describe what you think love is as applied to a mother and her baby. How will you show love to your baby?

4. What happens to a baby who doesn't feel loved?

5. At about what age does the baby find her own fingers and toes and start sucking on them?

6. If a mother must go to work (or to school) when her baby is two or three months old, what are some of the things she will want to tell the helper who will look after her baby while she's gone?

7. What does the baby fear when she cries hard each time her mother leaves her?

8. "_____ and _____ make your baby grow -- _____ for a strong body -- _____ for a healthy mind"(p. 58).

9. Why might an older baby (perhaps five or six months old) want to make a game out of eating? Why is some play while eating new food good for your baby?

10. What should a mother "do" if her baby does not have a bowel movement every day?

11. Why is it better for mother not to make an unhappy face, but instead to seem approving when she changes her baby's dirty diaper?

12. How can you use your voice and face so you won't need to slap your baby when she does something wrong?

13. How is LOVE involved with baby learning to talk?

14. Turn the page for your most important assignment!

MOST IMPORTANT ASSIGNMENT!

Describe YOUR baby (whether or not she is yet born) following Erma Brenner's style of writing. Write at least a page. Then ILLUSTRATE your story!

13 CHILD CARE

Principal author: Henry F. Greenburg

Study Guide One: "FEEDING," "GROWTH AND DEVELOPMENT," and "TOILET TRAINING"

These three chapters discuss basic information about the care and development of infants.

READ "Feeding," pp. 3-24.

1. What is a "flexible demand" schedule?

2. Will you get a spoiled baby on the flexible schedule? Explain your answer.

3. Is it all right to put an unfinished bottle back in the refrigerator? How many times?

4. What if your baby finishes her bottle quickly, then starts crying?

Describe two possible reasons and how you would help her solve her problem.

5. How do you burp a baby?

6. Why are very young babies more apt to spit up their food than are older babies?

7. What does the book suggest about pacifiers? How do you feel about pacifiers?

8. What vitamins does your baby need in addition to her formula or breast milk?

9. At what age should you probably start feeding your baby solid food, according to this book?

10. Is it a good idea to put solids like cereal in the bottle of milk? Why or why not?

11. Which solid foods should you feed your baby first? How long should you wait before trying another solid food with her? Why?

12. What is different for your baby between eating solid foods and sucking milk from breast or bottle? How can you help her learn this new way of eating? Does it make a difference where you place the food in her mouth?

13. Should you let your child try to feed herself when she wants to? Why or why not?

READ "Growth and Development," pp. 27-44.

14. Will your child grow steadily and evenly throughout her early years? Please explain your answer.

15. Is how much or how fast your child grows important? If not, what is?

16. If your child is "normal," will she follow exactly a typical weight and height chart? If not, how can you know whether or not she is growing as she should?

17. The check list on page 31 asks for the time your child does a number of things such as getting her chin up, sitting up, creeping, etc. Is it important that she do each one of these things in the exact order given? Does a child ever skip any of these checkpoints?

18. What is the baby's first method of communicating?

19. Why is it a good idea to talk to your child from the first week of life -- and to read to her from books even before she seems to understand?

20. At what age do most babies get their first teeth?

21. Do all "normal" babies get their first teeth at the same age? Explain your answer.

22. How can you help your child develop trust in her environment?

23. The book titles one section "A New Guideline for Mothers: Be Flexible" (pp. 35-36). Write a paragraph discussing this idea. How can you follow this guideline with your own baby?

24. When your two-year-old child says "No" and "I won't" to you, what is she trying to prove?

25. Describe several ways in which a child may show jealousy of a new brother or sister.

26. How can you help your child handle jealousy?

27. Discuss the idea of "setting limits" for your child. WHY do you need to do this? HOW do you do it?

READ "Toilet Training," pp. 47-51.

28. When "should" you toilet train your child?

29. What are some signs that your child is ready to go to the bathroom by herself?

30. What should you do if your child seems to resent the whole idea of toilet training?

14 CHILD CARE

Principal Author: Henry F. Greenburg

Study Guide Two: "ACCIDENT PREVENTION"

You will learn how to cope with children's accidents and injuries -- which could help you save your child's life in an emergency.

READ "Accident Prevention," pp. 55-70.

1. What is the biggest cause of death of children?

2. Should your child have a pillow in her crib? Why or why not?

3. Describe some other things you should be sure are not in baby's crib -- or anywhere around her.

4. What should you do if your baby starts to choke?

5. If your child has fallen, what kinds of symptoms tell you that you should call your doctor?

6. List several household items that will hurt your child if she eats or drinks them. List things that children have actually been known to eat or drink.

7. Where should you keep these items?

8. What about medicines? Can they harm your child? If so, what can you do about it?

9. Why should you never tell a child that aspirin is candy?

10. If you think your child has swallowed a poison, what should you do?

11. What is Syrup of Ipecac? Why should you keep some on hand?

12. List some things that, if the child swallows them, she should not be given Syrup of Ipecac or anything else that would make her throw up.

13. Why is it so terribly important never to leave small children alone in the house?

14. What should you do if you find a fire and/or smoke in your house?

15. Is it the fire itself or the smoke that is the greatest danger?

16. Make a "Check List for Mothers" chart to hang in your baby's room.

Include at least the "I Have" and the "I Will Not" sections of the list on page 64. Add other items as you think necessary. Ask your teacher for paper and colored pens. Make the chart attractive enough and attention-getting so that you will follow these rules for the sake of your baby. You may want to include some pointers from the check list on page 65, too.

17. How should you treat a small cut or scratch?

18. What do you do about a bigger cut that gapes open?

19. Why should you call your doctor if your child has a deep puncture wound?

20. What can you do to a glass door to help keep a child from running into it?

21. Do you have a gun in your house? If so, what safety precautions must you take for the sake of your child?

22. What is the greatest cause of death and injury to children under five years of age?

23. How can you protect your child while she is riding in the car?

24. How should the baby weighing less than 20 pounds be protected in the car?

25. What does the small child weigh-

ing 20 to 30 pounds need in order to ride safely in a car?

26. What should the bigger child (30 -40 pounds) have?

27. At about what weight is a child apt to be comfortable and safe with a standard safety belt?

28. In which seat position is your child safest?

29. What are some reasons your child might stop breathing -- which mean you must know artificial respiration techniques?

30. Describe to your teacher how to perform artificial respiration. What difference is there in the method to be used for a small child and for an adult?

31. Find the telephone numbers you need to keep the telephone number chart on page 70. Make yourself a small chart of these numbers which you can tape by your own telephone.

15 CHILD CARE

Principal Author: Henry R. Greenburg

Study Guide Three: "IMMUNIZATIONS" and "ALLERGIES"

This assignment discusses the important reasons for having your child given the recommended immunizations. Possible allergies of young children are also described.

READ "Immunizations," pp. 73-82.

1. Why does the book state (p. 73), "Immunizations protect not only your child, but the entire community"?

2. Why should you have your child immunized against contagious diseases instead of just letting her "catch it while she's young"?

3. From which three diseases does a DPT shot protect your child?

4. List the other immunizations your child should have.

5. What is a "booster" shot? Why are they necessary?

6. Your child may have no reaction to "shots." But what are some reactions she might have?

7. If there is a lump at the spot of the injection, what do you need to do about it?

8. If your child's reaction to the shots lasts more than 24 hours, what should you do?

9. How often and at what ages should your child receive DPT shots? Include suggested times for booster shots in your answer.

10. How and when is polio vaccine given?

11. When should a child get a red measles shot? How long should the protection from the one shot last?

12. When may the child get her rubella injection?

13. Why is it especially important for girls to be immunized against rubella?

14. Why is a T.B. skin test given to a child at about one year of age?

15. Why should you keep records of your child's immunizations?

READ "Allergy," pp. 85-98.

16. What is the allergic reaction most often seen in a child who is allergic to certain foods?

17. What does eczema look like?

18. Why should you offer only one new food at a time? How long should you wait before trying another new food on your child?

19. List several foods that cause allergies for some children.

20. What reactions might your child have if she is allergic to such things as wool or silk clothing, soaps, or bubble bath?

21. List some things your child could inhale from the air which could cause an allergic reaction.

22. Describe the reactions she might have from these things.

23. What may be involved if a child has a lot of colds, bronchitis, and/or middle ear infections? What should you do about this?

24. What are the symptoms of hay fever?

25. If your child seems to have hay fever mostly in the spring and summer, or in the fall, to what is she probably allergic?

26. The child who seems to have hay

fever allyear long is probably allergic to _____ _____ or _____.

27. What causes asthma?

28. Describe symptoms of serious allergic reactions, those symptoms which mean you should call your doctor immediately.

29. If your child is allergic to penicillin, what should you do to make sure she will not be given penicillin at some future time?

30. If you think your child has an allergy, you should let the doctor check it out. How can you help the doctor in his diagnosis?

16 CHILD CARE

Principal Author: Henry R. Greenburg

Study Guide Four: "RESPIRATORY PROBLEMS" and "TEMPERATURE"

Most small babies have several colds during the first year of life. This assignment will help you learn how to cope with the situation.

READ "Respiratory Problems," pp. 101-113.

1. Why might a doctor treat an earache with nose drops or give a child something by mouth? In your answer, explain connections between nose, throat, and ears.

2. Why do small children have so many colds, but have fewer and fewer as they grow older?

3. Can you cure a child's cold? If not, what can you do to make her more comfortable?

4. What kinds of complications could result from a cold? Which are the most serious?

5. Ask your teacher for a 3" x 5" card. Copy the "Check List - Cold Complications" on page 106 -- either as it is written, or put it in your own words. Then keep the card where you can find it to remind you of the signs to watch for when your child has a cold.

6. How can you decide whether your child has a cold or the flu?

7. What is pneumonia? Describe four signs that may indicate pneumonia.

8. What is croup? What should you do about it?

9. Why is strep throat far more serious than virus sore throat?

10. Why do most doctors not want to remove a child's tonsils or adenoids unless absolutely necessary?

11. What symptoms may indicate a middle ear infection? What should you do if your child has these symptoms?

12. Describe three possible reasons for having your child's hearing checked.

13. Why should you not try to clean inside a child's ear?

READ "Temperature," pp. 117-121.

14. How do you take baby's rectal temperature?

15. Normal oral temperature is _____ degrees while rectal temperature is about _____ degrees.

16. Demonstrate reading a thermometer.

17. A temperature of _____ degrees is considered a significant fever for an infant.

18. Describe a method for lowering a high fever.

17 CHILD CARE

Principal Author: Henry R. Greenburg

Study Guide Five: "THE FUSSY BABY" and "TROUBLES IN THE DIGESTIVE TRACT"

You will read about ways of coping with and comforting babies who fuss a lot. You will also learn about problems connected with digestion.

READ "The Fussy Baby," pp. 125-135.

1. Describe some reasons babies cry.

2. What other symptoms besides crying will a baby have which might make you think she is sick?

3. What is colic?

4. According to some authorities, what causes colic? What will "cure" it?

5. Describe several things your doctor might suggest you do for your baby if she has colic.

6. If your baby vomits and/or has diarrhea, is this part of colic?

7. When do most babies start getting their first teeth?

8. Does teething cause high fever or diarrhea? What signs of discomfort may she have when she gets her first teeth?

9. What can you do to help your baby feel better while she is teething?

READ "Troubles in the Digestive Tract," pp. 139-147.

10. What kinds of new things will

baby experience in her first year of life that may cause digestive upsets?

11. Is it important that your child have one bowel movement, and only one, each day? Explain your answer.

12. Does the color of the stool matter? Explain.

13. If you notice blood in the stool, or if it is inky black, what should you do? Why?

14. If your child has mild diarrhea which lasts only a day or two, what can you do to help?

15. What is constipation?

16. Is constipation an emergency situation about which you should "do something" at once?

17. What are the signs of a concussion -- signs which mean you must call your doctor?

18. Vomiting causes a loss of liquids. When and how should you start feeding your child after she vomits?

18 CHILD CARE

Principal Author: Henry R. Greenburg

Study Guide Six: "YOUR CHILD'S EYES" and "MEDICATION AND TREATMENT"

You will learn about problems associated with children's eyes. You will also read about giving medication to a child and about the use of vaporizers.

READ "Your Child's Eyes," pp. 151-155.

1. If a two month old baby looks cross-eyed at times, is she apt to

have a problem later with her eyes?

2. If white matter collects in your child's eyelids and makes them stick together while she is sleeping, how should you clean it out?

3. If your child gets a tiny piece of dirt in her eye, how can you help her get it out?

4. If you can't find the dirt in her eyes -- or you find it but can't get it out, what should you do? Why?

5. What symptoms might tell you your child has injured the cornea of her eye? What should you do about it?

6. What is conjunctivitis often called? What causes it?

7. Describe some signs of possible vision problems.

READ "Medication and Treatment," pp. 159-169.

8. What are seven rules to follow when treating your child for an illness?

9. How do you insert a suppository?

10. If your child seems to be feeling OK before she has taken all of her prescribed medicine, do you need to continue giving the medicine to her? Why or why not?

11. Is it wise to hide medicine by mixing it in your child's food or drink? Why or why not?

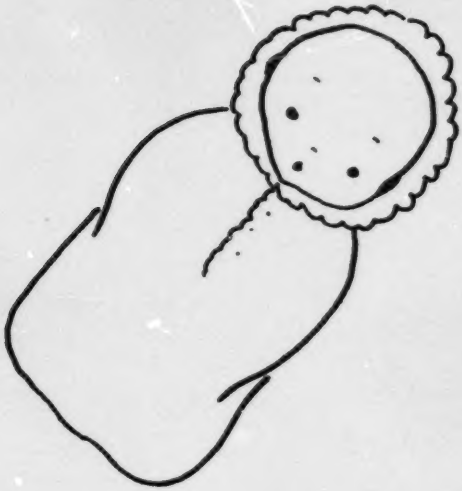
12. Why do we sometimes need to use vaporizers?

13. Is a cold vaporizer as helpful as the warm kind? Why should you use the cold one?

14. Make a list of the "Suggestions for Your Medicine Cabinet" given on page 169. Then check your medicine cabinet at home. How many of these medicines do you already have? You

may want to get the others so they will be there when you need them. Notice the starred items which mean you should check with your doctor before using them.

15. READ page 173. Make a copy of the half-page "Check List" which lists the information you should have ready before you call your doctor concerning your child's health. Keep the check list handy so you will have it when you need it.



19 INFANT CARE

Office of Child Development
U.S. Department of Health, Education, and Welfare

This booklet describes a baby's needs during the first year of her life. You will learn about her emotional and intellectual as well as physical needs.

READ "You and Your New Baby," pp. 1-7.

1. Why should you handle and play with your baby a lot, even while you are still in the hospital after delivery?

2. Do you plan to breast or bottle feed your baby? Why?

3. About how often should you feed a baby?

4. If your baby gives up one of her daily feedings -- but it is a daytime feeding while she continues to want her 2 a.m. feeding, what can you do about it?

5. If you are breast feeding, how can you make sure your baby is getting enough to eat?

6. Describe three things you could do to try to keep your baby from spitting up.

READ "First Weeks at Home," pp. 9-21.

7. Check the list of bedclothes and clothing. What changes would you make in it for your baby?

8. How much more does it cost to use a diaper service or disposable diapers instead of buying and washing your own?

9. Demonstrate for your teacher the method of preparing formula described on page 11.

10. If formula in a bottle has been left standing at room temperature for an hour, should you feed it to your baby? Why or why not?

11. If your baby's formula contains vitamins and iron, should you give her more vitamins and iron?

12. List four rules to follow when bathing baby. (Rules can include things NOT to do, too.)

13. To be "normal," must your baby have one bowel movement each day? Explain your answer.

14. What is constipation? What can you do about it?

15. Describe diarrhea. Do you need to call the doctor if your baby has diarrhea? If so, why?

16. Should you worry about "spoiling" your baby during the first year? Why or why not?

17. If your baby has colic, is it her fault or your fault? What can you do to help her feel better?

18. Why might your newborn have some white or yellow discharge from her eyes? What should you do about it?

19. When the stump of the umbilical cord falls off your baby's navel, what care does the navel need?

20. How can you help an older child who is jealous of a new baby? What precautions should you take?

21. Before you call your baby's doctor, why should you write down all your questions?

READ "After the First Weeks," pp. 23-57.

22. The booklet describes nine different aspects of temperament in babies. Read the material (pp. 23-27), then analyze a baby -- your own or someone else's -- who is at least one month old.

Describe where the baby "fits" for each of the following nine areas of behavior or temperament. To begin, give examples of the baby's behavior which show why you feel she has a high or low activity level. Then find examples to illustrate the other aspects of her behavior.

This question may take several hours to complete. Your credit will depend on the thoroughness of your analysis.

1. Activity level:

2. Regularity:

3. Adaptability:

4. Approach or withdrawal:

5. Threshold level or sensitivity:

6. Intensity of reaction:

7. Distractibility:

8. Positive or negative mood:

9. Attention span and persistence:

23. Check the development chart on pp. 28-30. Why are two ages given for each characteristic?

24. If your baby was premature, how would you adjust the ages listed on the development chart so that it fits your baby's probable development?

25. If your child stands early according to the chart, does this necessarily mean she will talk early?

26. If a baby is slow to develop in several areas, what are two possible reasons?

27. Describe five things to watch for when you consider the safety of a toy for your baby.

28. The word "discipline" means _____, not _____.

29. Explain the idea that the key to discipline is not punishment, but reward.

30. According to the booklet, does punishment work well in the first years of life? Why or why not? How do YOU feel about these ideas?

31. At what age does your baby really "need" food in addition to formula or breast milk?

32. What kinds of new foods should you start with? How often should you give her another new food? Why?

33. Why are the ready-cooked infant cereals better for baby than are adult cereals?

34. Why should you give your baby very little (if any) candy, cookies, sugar, sweet desserts, or soft drinks?

35. At what age should you start letting baby drink a little milk from a cup?

36. Why should you select a doctor for the baby before she is born?

37. What safety rules should you follow when you select toys for a baby aged birth to four months?

38. What telephone numbers should you post by your phone? Include the actual numbers for your area.

39. What should you do with unused electric outlets if you have a baby in the house?

40. What label should you look for on paint which you will use to paint any toy, furniture, or woodwork the baby might chew on?

41. Why is it dangerous to use a tablecloth which hangs over the edge of the table when you have a baby around?

42. Where should you keep medicines and household products that could

poison the baby?

43. What must you do if your baby is choking?

44. Describe in detail mouth to mouth rescue breathing techniques to your teacher.

45. How can you stop bad bleeding?

46. How do you treat burns from chemicals such as lye, oven cleaner, or pesticides?

47. If your baby swallows poisonous products, what should you do at once?

48. In what situations should you not make a child vomit after she has swallowed a poisonous substance?

49. To make your child vomit, what should you do?

50. Describe some emergencies for which you must get immediate medical treatment.

51. How do you take care of a cut? How do you decide if the cut needs stitching or a special bandage?

52. How should you treat a puncture wound?

53. Should you put an ointment on a

burn? How should you treat that burn?

54. Is it all right to wash clothing and diapers together or must they be washed separately?

55. Which costs less -- powdered infant formula, liquid concentrate, ready-to-feed formula, or whole milk?

56. Do you need additional vitamin or mineral drops if you are using the powdered or liquid infant formula?

57. How much money does the booklet say you will save if you wash your own diapers instead of using a diaper service or disposables?

READ "Common Problems and Worries," pp. 59-67.

58. List things that may cause baby to get a skin rash. What can you do to keep baby's rash from getting worse?

59. What is cradle cap? What can you do to prevent or control it?

60. If your baby has a red, blotchy birthmark or a bright red raised "strawberry mark," must you do something about it? Why or why not?

61. How can you help prevent diaper rash?

62. If your baby does get a diaper rash, what can you do about it?

63. If your baby has an umbilical hernia (a swollen navel), is it usually necessary to have it repaired by surgery?

64. How long does it take a circumcision to heal? Until it does heal, what care does it need?

65. If your baby is irritable and you think it is caused by teething, how can you help her?

66. How can you help baby if she has a cold?

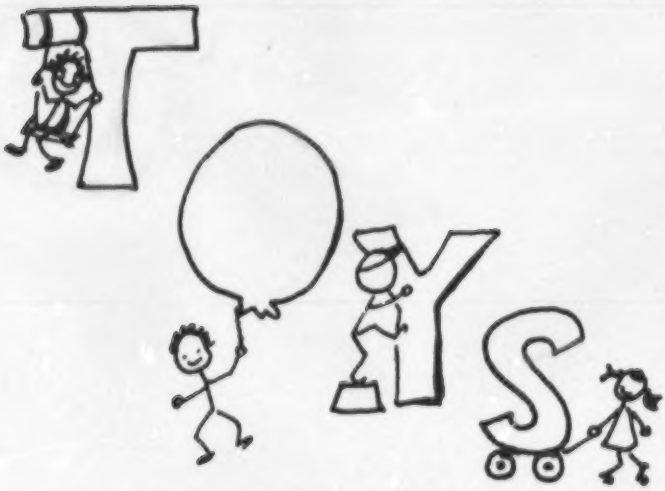
67. How do you decide whether your baby has "just a cold" and you and your doctor can't do much about it -- or if she is really sick and should be taken to the doctor immediately?

68. If your child has a fever but doesn't seem sick otherwise, what should you do?

69. When and how do you start feeding a baby who has been vomiting?

70. Should you insist that a sick child eat? What about drinking?

71. Please evaluate the booklet. Did you find it helpful? If you would like a copy for yourself, ask your teacher how to order it. It costs $1.00.



20 WAYS TO HELP BABIES GROW AND LEARN: ACTIVITIES FOR INFANT EDUCATION

By Leslie Segner, Ph.D., Charlotte Patterson, R.N.

This little book suggests some ways you can help your baby learn -- learn to talk, to play, to express herself freely as she grows.

READ "Guidelines for Infant Educators," pp. 3-4.

1. How should you organize a play area for infants? (Include safety tips in your answer.)

2. You should encourage a child to complete what she starts. However, if you notice she is upset or frustrated by a task, what should you probably do?

3. Why should you praise a child's efforts and accomplishments?

Do you feel you were praised enough when you were a child?

4. How can toys and games be used to stimulate language development?

READ "Language Development Guidelines," pp. 5-15.

5. Why should you talk a lot to your baby?

6. How can looking at magazines and books with your baby help her language development?

7. Describe several other ways of helping your baby develop language ability.

8. How can you help your toddler learn to express herself through talking? Describe several ideas that you especially like and may want to follow with your child.

9. What is a feelie-bag? What is its purpose?

10. What can a child learn from playing with small rubber or plastic zoo and farm animals?

READ "Personal Social Guidelines," pp. 16-20.

11. How can you help your baby feel that she is a very important individual

and that she is a good person? Include some specific ideas.

12. What are some of the things a toddler will want to do by herself? How can you encourage and help her to learn to do these things?

13. If your child draws a picture at home and you both know it's hers, why should you still write her name on it?

READ "Fine-Motor Development Guidelines," pp. 21-27.

14. What is fine-motor development? If you don't know, look up the term in a child development textbook.

15. Describe several ways you can help an infant develop her fine-motor skills.

16. How can a bunch of cans of different sizes help a toddler develop fine-motor skills?

17. Describe several ways to use building blocks to help a child learn.

18. What use could you find for empty spools for a toddler?

READ "Gross-Motor Development Guidelines," pp. 28-32.

19. Define gross-motor development. If necessary, look it up in a child development textbook.

20. How can you help a baby develop gross-motor skills? List several ideas.

21. What are some toys and equipment that will help a todd'er develop gross-motor skills?

Look through the section titled "Commercially Available Toys and Books," pp. 33-36.

READ "Toys That Can Be Made," pp. 37-43.

22. Ask your teacher for 3" x 5" cards. Start your own card file of ideas and directions for toys you can make for your baby. Choose at least ten of the items described in this section. Write down directions clearly enough so that you can make each item later when your baby is ready for it.

23. Make at least one of these toys to hand in with this assignment.

24. Please evaluate the book. How much do you think you will use these ideas with your baby?

21 FEED ME--I'M YOURS S

By Vicki Lansky

The book discusses the nutritional needs of children. It is also a how-to book -- how to prepare baby food, how to cope with children who don't eat much, how to give a birthday party, and how to freeze baby food.

READ "Introduction," pp. 1-2.

1. A good diet is low in _____ and _____ _____. WHY?

2. What food does your baby need during the first four to five months of her life?

3. If your year-old baby wants a bottle when she goes to bed, should it contain milk or water? WHY?

READ "Baby Food from Scratch," pp. 3-12.

4. Describe at least three reasons you might make your own baby food rather than buying little jars of ready-prepared baby food.

5. Describe the steam method of cooking. What are its advantages?

6. Describe two methods of storing baby food in the freezer.

7. Read the recipes on pages 6-12. Choose one recipe and prepare it for your baby if she is old enough. Otherwise, prepare a little for someone else's baby. What did you fix? How did it turn out? Did the baby appear to enjoy the food?

8. Does your baby need salt on her food?

9. When do most doctors suggest you start feeding eggs to your baby? Why do they advise waiting?

READ "Finger Foods," pp. 13-19.

10. List several foods NOT recommended for children younger than 12-18 months.

11. How can you fix peanut butter so your baby can eat it without the peanut butter sticking to the back of her mouth and gagging her?

12. Must babies have teeth to be able to chew soft foods?

13. Try one of the recipes for teething biscuits or crackers. Report on the results. (Bring a small sample to school.)

Look through the section titled "Toddler Foods," pp. 20-28. READ "Snacks," pp. 29-33.

14. List three reasons children should not eat junk foods.

15. Why does the book suggest serving raisins and other dried fruits with regular meals rather than as a snack between meals?

16. Try one of the recipes in the "Snacks" section, perhaps the fruit roll on page 33. Report on your results.

LOOK THROUGH the rest of the book.

17. Try at least one more recipe and report on your results.

18. BE SURE TO READ "How to Bake a Cake," p. 116!

19. EVALUATE the book. Did you enjoy reading it? Did you find it useful? What parts did you think were especially practical?

22 *A SEASON TO BE BORN*

By Suzanne Arms
Photographs by John Arms

This book of photographs and poetic text illustrate a young woman's delight in the progress of her own pregnancy.

A Season to Be Born describes and illustrates a young woman's feelings as she goes through her first pregnancy.

Read -- rather, enjoy -- the words and pictures. React in writing.

Do you understand some of Suzanne's feelings? Have you had feelings something like hers?

Be creative in your writing. Take your time with this assignment. Perhaps you disagree strongly with some of the things Suzanne said and/or did. (Not too many of us, for example, are apt to go dancing on the beach during the later stages of pregnancy!) Write about your disagreements. Explain how and why YOU feel as you do.

ABOVE ALL -- Write about YOUR feelings about YOUR pregnancy.

23 SINGLE AND PREGNANT

By Ruth I. Pierce

The book offers help in coping with decisions and possible problems faced by a young woman who is single and pregnant.

READ Chapter 1, "Avoiding Pregnancy: The Basic Facts," pp. 1-10.

1. Why does using the rhythm method of birth control so often result in pregnancy?

2. Why does the withdrawal method of birth control not work either?

3. Will douching prevent pregnancy? Why or why not?

4. Describe four methods of birth control. Comment on the effectiveness of each method.

READ Chapter 2, "Diagnosis," pp. 11-22.

5. What are some symptoms which suggest pregnancy?

6. Where could you go for a pregnancy test? (The book lists several places, but please include only the places available for your use in your area.)

7. If a girl thinks she might be pregnant, how soon could she get a pregnancy test?

8. What do the letters LMP stand for?

What does EDC mean?

9. When is your baby due? How did you figure the date? Can you count on him/her being born on this exact date?

10. During which three months of pregnancy is a miscarriage most apt to occur?

11. What are the advantages to the woman of early diagnosis of her pregnancy?

READ Chapter 3, "Boy Friends and Parents," pp. 23-29.

12. Did you find this chapter helpful to you in your situation? Or might it have been helpful when you first thought you might be pregnant? Why or why not?

READ Cnapter 4, "Overview of Community Resources," pp. 30-42.

13. How might a doctor be able to help you during pregnancy? Please include possibilities other than general prenatal medical care.

14. What kinds of help might a pregnant girl get from a lawyer?

15. What are some of the ways a Planned Parenthood agency might help you?

16. How can the Child Welfare Department help a pregnant girl?

17. Describe several other agencies which might be of help to a pregnant girl.

READ Chapter 5, "Marriage," pp. 43-46.

18. Write a short paper (at least two pages -- longer if you like) discussing reasons for and reasons against

marriage as a "solution" to a pregnant teenager's problems. You may be completely impersonal in your answer, or you may discuss your own situation.

READ Chapter 6, "Abortion," pp. 47-56.

NOTE: Some of the information presented in this chapter is no longer true. Abortions are legal all over the United States at this time. The descriptions of the kinds of abortion, places to go, etc., are accurate.

19. What two methods of abortions can be performed up until the end of the twelfth week of pregnancy?

20. What two methods can be performed after the twelfth week?

21. What about self-induced abortion? Can a girl go to a drugstore and buy something that will make her abort safely?

22. Why is self-induced abortion very dangerous?

READ Chapter 7, "The Problem Gets Bigger," pp. 57-60.

23. How do you react to this chapter? Does it seem helpful for the area in which you live? Or do you think conditions have changed, at least in the

town where you live, since this book was written?

READ Chapter 8, "Planning Through a Maternity Home," pp. 61-80.

24. Describe some of the services offered by maternity homes.

25. How do YOU react to this chapter? If you were pregnant (or are), do you think you would like to spend several months of your pregnancy in a maternity home? Why or why not?

READ Chapter 9, "School Programs," pp. 81-83.

26. How does your school district compare to the districts described? Are girls pushed out of school if they are pregnant? "Sent" to a special program? Or are they given the option of staying in their regular school or choosing the special program? If you don't know, check with your school counselor.

READ Chapter 10, "Other Living Arrangements," pp. 84-91.

27. What is a "mutual service home"? How do you react to this idea?

28. Describe some of the problems you may face if you decide you want to move into an apartment.

READ Chapter 11, "Financial Resources," pp. 92-100.

29. Why is a pregnant woman who is single asked to file a complaint against the baby's father with the district attorney if she applies for welfare?

30. If you need help with your medical expenses (Medi-Cal in California), must you also apply for other financial aid from the Welfare Department?

READ Chapter 12, "Medical Care," pp. 101-115.

31. Describe some "danger signs" -- reasons for calling the doctor at once.

32. Why is a woman who does not eat the right foods more apt to have a premature baby?

33. In California, at what age can a person be treated for VD without her/his parents being notified?

READ Chapter 13, "Adoption," pp. 116-137.

NOTE: The book suggests pregnant girls are turned away from adoption agencies because there are more babies than there are adoptive parents. This

is no longer true. Agencies now usually do not have as many babies available for adoption as there are adoptive parents waiting for babies.

34. Who is the one person who MUST sign the adoption papers in order to make the adoption legal?

35. What are the two kinds of legal adoptions? Describe each of them.

36. Why are final papers never signed until after the child is born?

37. Why does an agency prefer to have papers signed as quickly as possible after birth, usually within two to six weeks after delivery?

38. What are the differences in the way the birth certificate is handled for an adopted baby as compared to a baby remaining with her biological parent?

39. Who pays for the services connected with an agency adoption, the biological mother or the adoptive parents?

40. How carefully are adoptive parents screened by the adoption agency?

41. What are some drawbacks to independent adoption?

42. What is an advantage of independent adoption?

43. How long does it take for an independent adoption to become final?

44. What is relative adoption? What do YOU think of this kind of adoption?

45. If someone tries to bribe you with cash or gifts in order to persuade you to surrender your baby for adoption, or if anyone wants you to sign the final adoption papers before the baby is born, what should you do?

46. What is the difference between a foster family and an adoptive family?

47. If a child is under foster care, who does she legally "belong" to?

48. How can foster care be misused by the mother?

READ Chapter 14, "Counseling and Therapy," pp. 138-151.

49. Will a good counselor make your decisions for you?

50. Describe a situation (imaginary or real) in which a girl might want to look for counseling help.

51. What about the cost of counseling? How can you get counseling help if you have very little money?

READ Chapter 15, "Hospitalization and Delivery," pp. 152-162.

52. Why do most hospitals encourage a mother to see her baby before she places her/him for adoption?

53. Explain the difference between infant release forms and relinquishment papers.

READ Chapter 16, "After the Baby Is Born," pp. 163-169.

54. Why must you have a six-week checkup after delivery?

55. How soon after delivery can an IUD be inserted?

56. When can a woman be fitted for a diaphragm?

57. How do you think you would feel if you delivered a baby, then placed it for adoption? Write a paragraph expressing your possible feelings.

READ Chapter 17, "Concerns of Girls Who Keep Their Babies," pp. 170-184.

58. Where could you buy baby clothes and furniture at lower prices?

59. Under the heading "Employment"

(p. 175), what is described as being "almost imperative" for a girl to have? (What does imperative mean?)

60. How might a Public Health Nurse help you after you go home with your new baby?

61. What is a Well Baby Clinic?

62. What is the most critical problem a single mother may face, according to the author? (p. 181)

63. Please evaluate the book.

24 *HAVING A BABY* "PREGNANT AND UNMARRIED"

By Maxine Phillips

This assignment discusses options available to the person who is single and pregnant. It also explains how she can get help as she needs it.

READ Having a Baby, pp. 130-149, OR the separate booklet titled "Pregnant and Unmarried."

1. Where can you go for a pregnancy test?

2. How does the doctor find out whether or not a person is pregnant?

3. If you want someone to help you decide what to do about an unplanned pregnancy, where could you go for help?

4. What are some things to consider before rushing into a marriage because of pregnancy?

5. Trying to give yourself an abortion is so dangerous it might kill you. BUT -- is getting an abortion done by a doctor in a clinic or hospital dangerous or hard on the mother?

6. In which states is abortion now legal? Does this mean all doctors and hospitals will perform abortions?

7. If you talk to someone at an adoption agency, does this mean you must give your baby up for adoption?

8. If you think you might be interested in placing your baby for adop-

tion, do you have to make up your mind by the time s/he is born?

9. Should a baby be left in a foster home for a long time? Explain your answer.

10. What are some things you need to think about if you decide to keep your baby?

11. List some of the costs of having a baby. How do you plan to pay these costs?

12. Is it easy to get welfare? How do you apply for welfare?

13. If you have trouble getting aid from Welfare, what can you do about it?

14. Why does the Welfare Department want to know who your baby's father is?

15. What is a maternity home? Where can you go to find out about such a home?

16. What are YOU doing to make sure you continue your high school education, both during pregnancy and afterwards?

17. If you don't want an abortion, can anyone force you to have one?

18. Pages 144-146 discuss legal questions but state that laws vary in different places. You need to check with Legal Aid or a lawyer in YOUR town. List several such questions -- perhaps those in the book, perhaps not. Let your teacher help you find the answers.

25 THE SINGLE PARENT EXPERIENCE

By Carole Klein

The book discusses some of the possible problems faced and satisfactions received by single parents. It also considers the effect on the child or children of being reared by a single parent.

READ "Introduction," pp. 15-23.

1. Describe some of the changes in people's life styles which the author is discussing.

2. Summarize the chapter. What is the book about?

3. Explain the statement (p. 22), "The 'right' way has been replaced by a variety of ways, each of which competes for our attention." How do YOU react to this statement?

READ "Why Separate Parenthood from Marriage?" pp. 25-34.

4. Describe the changes in marriage discussed by the author.

5. Do you think the institution of marriage has changed or is changing? Explain your answer. How do YOU feel about this?

READ "The Importance of Being Honest," pp. 35-59.

6. What are some of the problems that may occur if a child is placed for adoption a year or two AFTER birth?

7. Explain some of the reasons a woman might decide to become a single mother.

8. Discuss what you think are GOOD reasons for an unmarried mother to keep her child to rear alone.

READ "The Single Parent -- Male," pp. 61-81.

9. How do you react to the idea of single fatherhood? Discuss in a paragraph.

READ "Who Are the Unmarried Mothers of Today?" pp. 83-102.

10. Without giving the real name, describe a single mother you know. Try to figure out (ask her if it will help your thinking) why she decided to be a single mother. (If you are or are planning to be a single mother, you may be your own case study if you prefer.

SKIP the next two chapters if you like ("Homosexual Parents" and "Adoption"), pp. 103-142.

READ "Natural Motherhood," pp. 143-168.

11. Summarize the chapter briefly, then explain YOUR feelings toward the material presented.

READ "The Single Parent's Family," pp. 169-180.

12. Discuss the author's ideas about a single mother's relationship with her own parents. How can grandparents be helpful?

READ "Child Care," pp. 181-208.

13. Describe in detail your plans for the care of your baby when you will not be available. Do you plan to work or go to school while your child is small? What will you do about child care then? What will you do when you want to go out with friends?

READ "The Social Realities of Being a Single Parent," pp. 209-228.

14. After you read the chapter, make up and write down several -- at least five -- questions to ask a single parent, based on the ideas in this chapter. Then talk to a single mother. Find out how she reacts to your questions. Is she finding her life at all like the lives described in the book? Report on your results.

READ "The Alternative Life-Style," pp. 229-247.

15. What are some of the possible advantages of life in a commune? What are possible disadvantages?

16. How do YOU react to the idea of communal living?

READ "The Psychological Effects of Having a Single Parent," pp. 249-269.

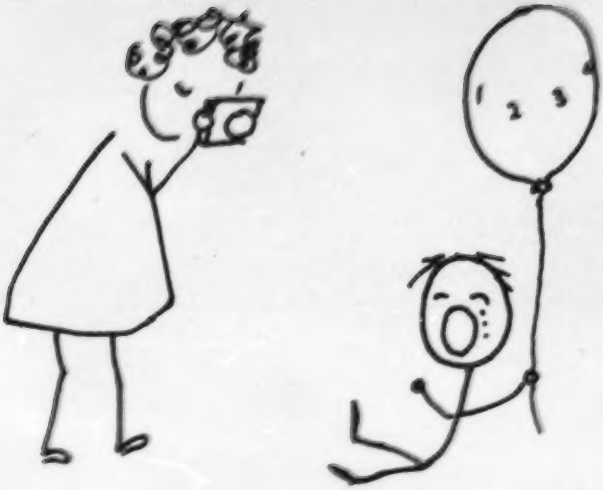
17. How might having only one parent affect a child psychologically?

18. What can a single parent do to help her child to be as psychologically healthy as possible? Discuss fully.

READ "Creating Tomorrow's Person," pp. 271-285.

19. Discuss the author's ideas about children of single parents adapting to the world of tomorrow. How do YOU feel about this?

20. Evaluate the book. Did you think it made sense? Was it interesting or rather dull? Did it contain good ideas -- or misleading ideas? Who do you think might like to read it?



26 1,2,3,4,5,6–HOW TO UNDERSTAND AND ENJOY THE YEARS THAT COUNT

By Patricia Coffin

This book of beautiful photographs of a little girl as she grows from birth to age six appeals to almost all students.

1. READ and look at the photographs on pages 12-33. Comment on Ms. Coffin's attitude toward a mother working outside her home. How does her attitude compare with Ms. Frailberg's opinions? What do you think?

2. READ and examine pages 34-55. How does Ms. Coffin describe the one-year-

old child? Discuss.

3. READ and examine pages 56-77. Why is the two-year-old stage often called the "terrible twos"? Discuss. If at all possible, include a description of a two-year-old child you know.

4. READ and examine pages 78-101. Describe the "age of make-believe." Include examples of children you have observed. Or perhaps you will remember incidents from your own childhood which tie in with this section.

5. READ pages 102-115. Discuss the problems and pleasures of TV viewing for small children. How will you guide your child's TV watching?

6. READ pages 116-135. Describe a child at the age of five. Perhaps you know a five-year-old child. How does s/he fit the picture of Dionis?

7. READ pages 136-157. How do you think you will answer your child when she asks where babies come from? Discuss, including comments based on Ms. Coffin's ideas.

HOW TO PURCHASE STUDY GUIDE BOOKS

The following prices are accurate at this time (1977) but may change at any time. If you order directly from the publisher, add $1.00 to cover handling and mailing.

Arms, Suzanne. A Season to Be Born. Photographs by John Arms. 1973, 112 pp., pap. $3.50. Harper Colophon Books, Harper and Row Publishers, Inc., Scranton, PA 18512.

Brenner, Erma. A New Baby! A New Life! Illustrations by Symeon Shimin. 1973, 127 pp., pap. $4.95. McGraw-Hill Book Company, Princeton Road, Hightstown, NJ 08520.

Coffin, Patricia. One Through Six: How to Understand and Enjoy the Years That Count. Photographs by James Hansen. 1972, 155 pp., pap. $4.95. Collier Books, The Macmillan Publishing Company, Inc., Riverside, NJ 08075.

Day, Beth, and Dr. M. Margaret Liley. The Secret World of the Baby. (illus.) (gr. 5 up), 1968, 108 pp., $5.69. Random House, Inc., 457 Hahn Rd., Westminster, MD 21157.

Gordon, Sol. Facts About Sex for Today's Youth. Illustrated by Vivien Cohen. 1973, 48 pp., $5.50; pap. $1.90. John Day Company, Inc., 666 Fifth Avenue, New York, NY 10019.

Greenberg, Henry F., Saul H. Jacobs, Thomas B. Conrad. Child Care. 1975, 173 pp., pap. $6.95. Sutherland Learning Associates, Inc., 14654 Oxnard St., Van Nuys, CA 91411.

Klein, Carole. The Single Parent Experience. 1973, 285 pp., $7.95, Walker and Company; pap. $1.95. Avon Book Division, The Hearst Corporation, 959 Eighth Avenue, New York, NY 10019.

Koschnick, Kay (ed.). Having a Baby. 1975, 159 pp., pap. $2.75. (Chapters are also available as separate booklets: "Conception and Pregnancy" by Norah Shipstone and Karen Winget, $0.50; "Prenatal Care" by Katie Baer, $0.50; "Giving Birth by Katie Baer, $0.50; "The First Six Weeks" by Katie Baer and Jean Oates, $0.70; "The Baby and the Family" by Maxine Phillips, $0.50; "Pregnant and Unmarried" by Maxine Phillips, $0.50; "Planning Your Family" by Maxine Phillips, $0.35.) New Readers Press, Laubach Literacy, Inc., P.O. Box 131, Syracuse, NY 13210.

Lansky, Vicki. Feed Me -- I'm Yours. 1974, 120 pp., spiral bdg., $3.95. Meadowbrook Press, Wayzata, MN 55391. Also 1977, pap. $1.95. Bantam Books, Inc., 414 E. Golf Road, Des Plaines, IL 60016.

Lieberman, E. James, M.D., and Ellen Peck. Sex and Birth Control: A Guide for the Young. 1973, 287 pp., $7.95. Thomas Y. Crowell Co., 666 Fifth Avenue, New York, NY 10019. Also 1975, pap. $2.45. Schocken Books, Inc., 200 Madison Ave., New York, NY 10016.

Pierce, Ruth I. Single and Pregnant. 1971, 208 pp., $5.95; pap., $1.95. The Beacon Press, 25 Beacon St., Boston, MA 02108.

Segner, Leslie, Ph.D., and Charlotte Patterson, R.N. Ways to Help Babies Grow and Learn: Activities for Infant Education. 1970, 49 pp., pap. $3.70. JFK Child Development Center, University of Colorado Medical Center, 4200 East Ninth Ave., Denver, CO 80220.

U. S. Department of Health, Education, and Welfare, Office of Child Development, Children's Bureau. Infant Care. DHEW Publication No. (OCD) 73-15. 1973, 68 pp., pap. $1.00. Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

_____. Prenatal Care. 1973, 71 pp., pap. $1.05. DHEW Publication No. (OCD) 73-17. Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

Wirsen, C., and A. Ingeman-Sundberg. A Child Is Born: The Drama of Life Before Birth. Photographs by Lennart Nilsson. 1965, 160 pp., pap. $5.95. Dell Publishing/Seymour Lawrence, 1 Dag Hammarskjold Plaza, 245 E. 47th St., New York, NY 10017. (Note: The study guide was prepared for the 1965 paper edition of A Child Is Born. It is still in print. A completely revised edition of A Child Is Born was published in 1977 by Delacorte Press/Seymour Lawrence, priced at $11.95.)

NOTE: The study guides in this book are designed for the specific editions of the books listed above and may not be suitable for revised editions.